

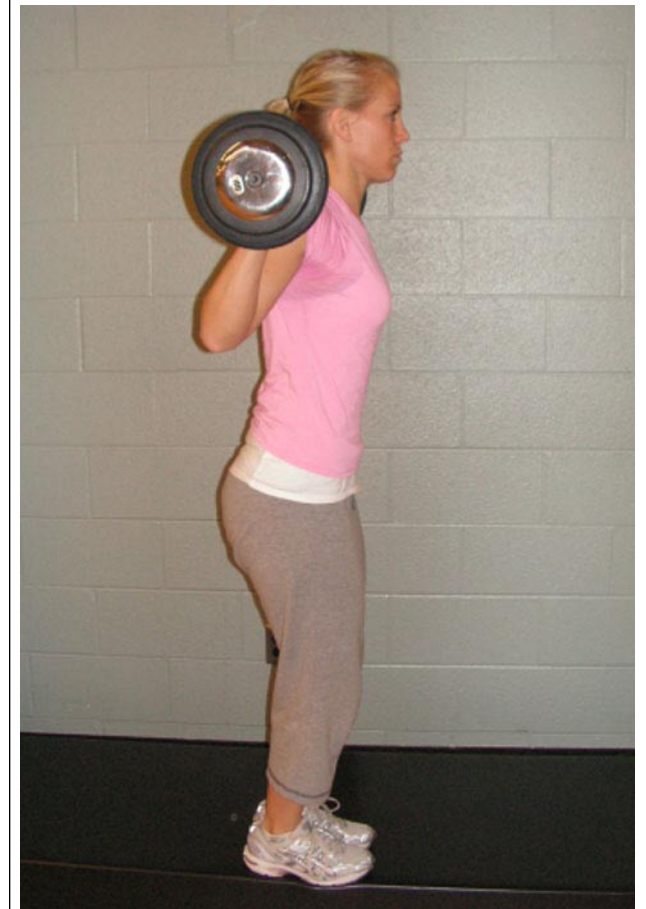
Exercises for the Quads (Quadriceps)

Barbell Full Squat

Major Muscle Group: Quadriceps

Other Muscles Worked: Hamstrings, Calves, Glutes

Position a barbell on the back of the shoulders and grasp bar to the sides. Put your feet at shoulder-width, with your toes and knees slightly pointed outward. Descend until knees and hips are bent to 90° with your knees over your heels. Return and repeat. Can also be done with dumbbells in your hands instead or on the Smith machine.



Barbell Deadlift

Major Muscle Group: Quadriceps

Other Muscles Worked: Hamstrings, Calves, Glutes

Assume a stance about as wide as your own shoulders with feet straight forward or turned out no more than 25°. Grip the bar so that the inner aspects of your arms are slightly outside of your thighs. Most of the weight will be on the heels of the feet. Place your hands palms facing you. Your head should look slightly upward, hips down, the entire spine neutral, and feet flat. As you stand up with the weight, your hips and shoulders should come up together; if the hips rise before the shoulders, it means you're using your back rather than your legs. Return the bar to the floor, under control, by reversing the technique you used to lift the weight.



Cable Hip Adduction

Major Muscle Group: Quadriceps

Stand in front of low pulley facing to one side. Attach the cable cuff to the ankle closest to the machine. Step out away from the stack with a wide stance and grasp the bar. Stand on your far foot and allow near leg to be pulled toward low pulley. Move the near leg just in front of far leg by abducting your hip. Return and repeat.

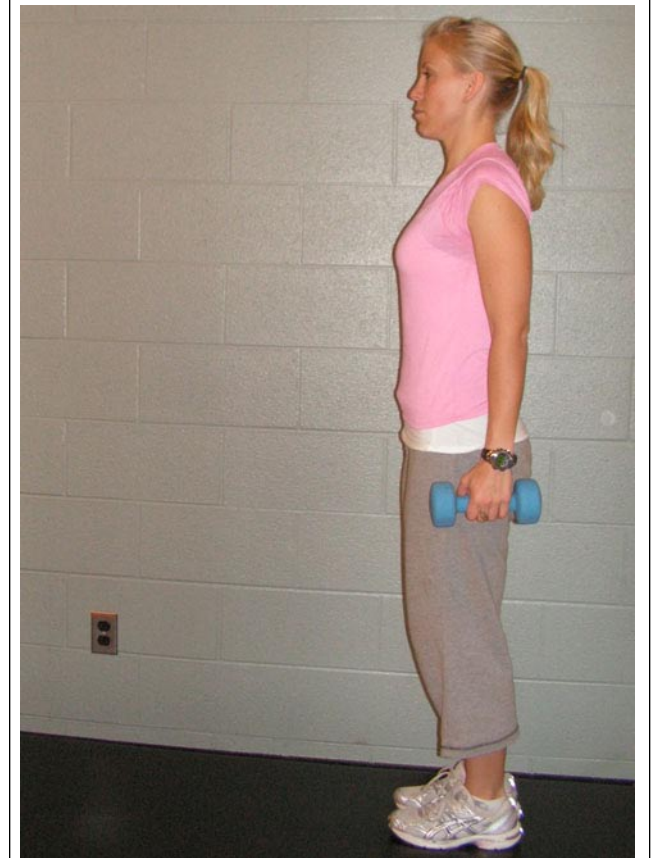


Dumbbell Rear Lunge

Major Muscle Group: Quadriceps

Other Muscles Worked: Calves, Glutes

Stand with dumbbells grasped to sides. Keeping your torso upright, extend one leg back on forefoot. Lower body on other leg by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Keep the front knee over the heel of the front foot. Return to original standing position by extending the hip and knee of the forward leg. Repeat by alternating lunge with opposite leg.



Knee Extension

Major Muscle Group: Quadriceps

Sit on the leg extension machine (adjust the seat according to your body). Hook your feet beneath the roller pads and grasp the handles at the sides of the machine for support. Straighten your legs and lift the weight up. Pause at the top for a second or two to enhance the peak contraction in the quads, and then lower the weight slowly to the starting position.



Leg Press

Major Muscle Group: Quadriceps

Other Muscles Worked: Hamstrings, Gluteus maximus

Adjust the seat of the machine so that your legs are comfortably bent. Place your feet on the platform, slightly greater than shoulder-width apart. Pushing through your heels, slowly straighten your knees. Don't arch your back. Return to the starting position. Repeat.

